



**Iowa CACFP**

**Option 2.** One alternative for documenting infant meals.  
**Group Infant Feeding Record** (Post in the Infant Room)

Circle or write in each food served.

Current month & year \_\_\_\_\_

Rev 11/2002

**Abbreviations**

C Ch = Cottage Cheese      Opt = Optional  
 Ch = Cheese                      Tbsp = Tablespoon  
 Frt = Fruit                        Veg = Vegetable  
 HM = Human Milk  
 IFC = Iron Fortified Infant Cereal  
 IFF = Iron Fortified Infant Formula

Age	Meal	Infant Meal Pattern**	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
0-3 months	Bfst	4-6 oz HM* or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
	Snack	4-6 oz HM* or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
	Lunch	4-6 oz HM* or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
	Snack	4-6 oz HM* or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
4-7 months	Bfst	4-6 oz HM* or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
		0-3 Tbsp IFC (Opt)					
	Snack	4-6 oz HM* or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
	Lunch	4-8 oz HM* or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
		0-3 Tbsp IFC (Opt)					
		0-3 Tbsp Frt and/or Veg (Opt)					
	Snack	4-6 oz HM* or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
8-11 months	Bfst	6-8 oz HM* or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
		2-4 Tbsp IFC					
		1-4 Tbsp Frt and/or Veg					
	Snack	2-4 oz HM* or IFF or Frt Juice	IFF/HM/Juice	IFF/HM/Juice	IFF/HM/Juice	IFF/HM/Juice	IFF/HM/Juice
		0-½ slice Bread or 0-2 Crackers (Opt)					
	Lunch	6-8 oz HM* or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
		1-4 Tbsp Frt and/or Veg					
		2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 oz Cheese or 1-4 oz C Ch or Ch Food or Ch Spread					
	Snack	2-4 oz HM* or IFF or Frt Juice	IFF/HM/Juice	IFF/HM/Juice	IFF/HM/Juice	IFF/HM/Juice	IFF/HM/Juice
		0-½ slice Bread or 0-2 Crackers (Opt)					

\*Prepare the amount of breastmilk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.

\*\*Minimum quantities are listed, some infants will need more food to satisfy their hunger and to be healthy.